

AUGUST 2015 – GROUP EXERCISE SCHEDULE				
Salt River Diabetes Program – Salt River Fitness Center				
480-362-7320				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
NO 6:15 AM SPINNING/SCHWINN CYCLE This Week! See You Next Week!				<div>12:05A-12:50A</div> <div>Spinning® w/Michelle</div> <div>5:30P-6:30P</div> <div>NO ZUMBA</div> <div></div>
<div>12:05P-12:50P</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>5:30P-6:30P</div> <div>Zumba® w/Annie</div> <div>6:30P-7:30P</div> <div>Senior Dance 55+ w/Roberta J.</div>	<div>11:05A-11:50A</div> <div>NO BEGINNER'S YOGA</div> <div>12:05P-12:50P</div> <div>Total Body Conditioning w/Dion</div> <div>5:30P-6:30P</div> <div>Spinning® w/Michelle</div> <div>6:30P-7:30P</div> <div>Big Fit w/Anja</div> <div>6:30P-7:30P</div> <div>Salt River Pool</div> <div>Water Aerobic w/Roberta J.</div>	<div>9:00A-11:00A</div> <div>WIC Baby Crawl Derby</div> <div>11:05A-11:50A</div> <div>Big Fit w/Anja</div> <div>12:05P-12:50P</div> <div>HIIT w/Michelle</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>5:30P-6:30P</div> <div>NO ZUMBA</div> <div>6:30P-7:30P</div> <div>Chair Yoga w/Melinda</div>	<div>12:05P-12:50P</div> <div>Total Body Conditioning</div> <div>w/Dion</div> <div>4:00P-5:00p</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>5:30P-6:00P</div> <div>Senior Dance 55+ w/Roberta J.</div> <div>6:30P-7:30P</div> <div>Salt River Pool</div> <div>Water Aerobic w/Michelle</div>	
10	11	12	13	14
<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>12:05P-12:50P</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>5:30P-6:30P</div> <div>Zumba® w/Annie</div>	<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Rachel</div> <div>9:30A-10:00A</div> <div>YS-Mousercise w/Rachel</div> <div>10:00A-11:00A</div> <div>Chair Yoga w/Melinda</div> <div>11:05A-11:50A</div> <div>NO BEGINNER'S YOGA</div> <div>12:05P-12:50P</div> <div>Total Body Conditioning w/Dion</div> <div>5:30P-6:30P</div> <div>Spinning® w/Michelle</div> <div>6:30P-7:30P</div> <div>Big Fit w/Anja</div>	<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>11:05A-11:50A</div> <div>Big Fit w/Anja</div> <div>12:05P-12:50P</div> <div>HIIT w/Michelle</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>5:30P-6:30P</div> <div>Zumba® w/Rachel</div> <div>6:30P-7:30P</div> <div>Beginner's Yoga w/Vanessa</div>	<div>6:15A-7:00A</div> <div>Spinning® w/Beverly</div> <div>9:30A-10:00A</div> <div>YS-Mousercise w/Rachel</div> <div>10:00A-11:00A</div> <div>Chair Yoga w/Melinda</div> <div>12:05P-12:50P</div> <div>Step &amp; Pump w/Rachel</div> <div>4:00P-5:00p</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>5:30P-6:00P</div> <div>Senior Dance 55+ w/Roberta J.</div>	<div>12:05A-12:50A</div> <div>Spinning® w/Michelle</div> <div>5:30P-6:30P</div> <div>Zumba® w/Rachel</div> <div></div>
17	18	19	20	21
<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>12:05P-12:50P</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>SALT RIVER HIGH</div> <div>3:30P-4:15P</div> <div>Circuit Training w/Michelle</div> <div>5:30P-6:30P</div> <div>Zumba® w/Annie</div>	<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>9:30A-10:00A</div> <div>YS-Mousercise w/Rachel</div> <div>11:05A-11:50A</div> <div>Beginner's Yoga w/Rachel</div> <div>12:05P-12:50P</div> <div>Total Body Conditioning w/Dion</div> <div>SALT RIVER HIGH</div> <div>3:30P-4:15P</div> <div>Cardio Kickboxing &amp; Abs</div> <div>w/Rachel</div> <div>5:30P-6:30P</div> <div>Spinning® w/Michelle</div> <div>6:30P-7:30P</div> <div>Big Fit w/Anja</div>	<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>11:05A-11:50A</div> <div>Big Fit w/Anja</div> <div>12:05P-12:50P</div> <div>HIIT w/Michelle</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>5:30P-6:30P</div> <div>Zumba® w/Rachel</div> <div>6:30P-7:30P</div> <div>Beginner's Yoga w/Rachel</div>	<div>6:15A-7:00A</div> <div>Spinning® w/Beverly</div> <div>9:30A-10:00A</div> <div>YS-Mousercise w/Rachel</div> <div>11:00A-12:00P</div> <div>Health Service Meeting</div> <div>Fitness Center</div> <div>CLOSED</div> <div>12:05P-12:50P</div> <div>Step &amp; Pump w/Rachel</div> <div>SALT RIVER HIGH</div> <div>3:30P-4:15P</div> <div>Beginner's Yoga w/Rachel</div> <div>4:00P-5:00p</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>5:30P-6:00P</div> <div>Senior Dance 55+ w/Roberta J.</div>	<div>12:05A-12:50A</div> <div>Spinning® w/Michelle</div> <div>5:30P-6:30P</div> <div>Zumba® w/Rachel</div> <div></div>
24	25	26	27	28
<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>12:05P-12:50P</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>SALT RIVER HIGH</div> <div>3:30P-4:15P</div> <div>Circuit Training w/Michelle</div> <div>5:30P-6:30P</div> <div>Zumba® w/Annie</div>	<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Rachel</div> <div>9:30A-10:00A</div> <div>YS-Mousercise w/Rachel</div> <div>11:05A-11:50A</div> <div>Beginner's Yoga w/Rachel</div> <div>12:05P-12:50P</div> <div>Total Body Conditioning w/Dion</div> <div>SALT RIVER HIGH</div> <div>3:30P-4:15P</div> <div>Zumba® w/Rachel</div> <div>5:30P-6:30P</div> <div>Spinning® w/Michelle</div> <div>6:30P-7:30P</div> <div>Big Fit w/Anja</div>	<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>11:05A-11:50A</div> <div>Big Fit w/Anja</div> <div>12:05P-12:50P</div> <div>HIIT w/Michelle</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>5:30P-6:30P</div> <div>Zumba® w/Rachel</div> <div>6:30P-7:30P</div> <div>Beginner's Yoga w/Vanessa</div>	<div>6:15A-7:00A</div> <div>Spinning® w/Beverly</div> <div>9:30A-10:00A</div> <div>YS-Mousercise w/Rachel</div> <div>12:05P-12:50P</div> <div>Spinning® w/Beverly</div> <div>SALT RIVER HIGH</div> <div>3:30P-4:15P</div> <div>Beginner's Yoga w/Rachel</div> <div>4:00P-5:00p</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>5:30P-6:00P</div> <div>Senior Dance 55+ w/Roberta J.</div>	<div>12:05A-12:50A</div> <div>Spinning® w/Michelle</div> <div>5:30P-6:30P</div> <div>Zumba® w/Rachel</div> <div></div>
31	<div>Salt River Fitness Center Hours:</div> <div>Monday – Thursday</div> <div>6:00am to 7:30 pm</div> <div>Friday</div> <div>6:00am to 6:30 pm</div> <div>Weekend – Closed</div> <div>Fitness Center: 480-362-7320/ Diabetes Program: 480-362-7342</div> <div>Diabetes Program's Fitness Center is open to SRPMIC Enrolled Community Members &amp; family members, Residences, Tribal Employees and Enterprise Employees (only).</div> <div>Fitness Center maybe closed due to designated tribal holidays, meetings, trainings, events and etc. Group exercise class maybe cancelled due to no instructor or class maybe changed to a different class. Staff will try to post information as soon as they can via sign, email, intranet &amp; internet.</div>			
<div>6:15A-7:00A</div> <div>Schwinn® Cycling w/Katie</div> <div>12:05P-12:50P</div> <div>Core Functional Training</div> <div>w/Braxton</div> <div>2:00P-3:00P</div> <div>JTR Yoga</div> <div>*private session*</div> <div>5:30P-6:30P</div> <div>Zumba® w/Annie</div>				

## GROUP EXERCISE CLASS DESCRIPTIONS

**BEGINNER'S YOGA:** The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

**BIG FIT:** You can be large and be physically fit. Work out with other larger women. Enjoy to move your body in your own pace. Be encouraged to take charge of your health. Routine includes warm up, low impact cardio, muscle toning and flexibility.

**CARDIO KICKBOXING & ABS:** This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power.

**CHAIR YOGA:** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. In addition to a good stretch, chair yoga participants can enjoy other health benefits from yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. Nice and easy! Suitable for all students. **SMI CHAIR YOGA:** This session will be open to the public at 10:00 am.

**CORE FUNCTIONAL TRAINING:** The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

**HIIT (High Intensity Interval Training):** This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

**STEP N PUMP:** A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in a circuit/interval setting.

**SENIOR DANCE CLASS 55+:** Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

**SPINNING®/SCHWINN CYCLING®:** SPINNING® & Schwinn Cycling® certified instructors will take you through a workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

- *First Com First Serves. No Reserving Bike.*
- *9 Bikes Available.*
- *Remember To Bring Water Bottle And Towel For Workouts!*
- *We Encourage A Base Of Cardiovascular Exercise Of 3 Month Prior To Starting In The Indoor Cycling Class All, Indoor Cycling Classes Welcome The Beginner To Advance Riders.*

**TOTAL BODY CONDITIONING (TBC):** Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. \*Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity.

**WATER AEROBICS:** Water aerobics, also called aqua aerobics, use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and flotation devices are used frequently. Water exercise helps increase your energy, stamina and strength -- and it is a healthy way to cool off in the summer.

Best attire would be a swimsuit. Allowed in pool are non-bleeding fabric t-shirt and shorts. If needed water shoes for sensitive feet. **NO CUT-OFF-SHORTS & CUT SHIRTS.** All water aerobics participants are required to fill out a Personal Health History form prior to of start class. All participants under the age of 18 must have parent or guardian sign Personal Health History Form. All attendees must be at least 13 years of age and older. Anyone participating between the ages of 13-17, must be accompanied by responsible adult 18 years or older. For your safety, before starting an aerobics routine or class, check with your health care professional if you are able to exercise, please get a medical clearance if you have multiple health concerns, such as, diabetes, high blood pressure, heart disease or injuries. Classes will be for all fitness levels; from the novice to the most experienced.

**ZUMBA®:** Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

## **\*\*PRIVATE SESSIONS GROUPS\*\***

**JOURNEY TO RECOVERY YOGA:** This session is for Journey to Recovery clients only. PRIVATE SESSIONS

**YS EEP – MOUSERICE:** Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.



A word cloud centered around the word "FITNESS" in large, bold, orange letters. Other words include "HEALTHY BODY", "PUMP IRON", "BURN CALORIES", "LOSE WEIGHT", "YOGA", "LIFESTYLE", "Take a walk", "RIDE", "PHYSICAL", "ENDURANCE", "STRENGTH", "RUN", "AEROBICS", "CARDIO", "GET MOVING", "TAKE THE STAIRS", "BURN SWEAT", "BREAK A SWEAT", "SPORTS", "ENERGY", "MAKE IT HAPPEN", "FEEL THE BURN", "WELLNESS", "Lose in Shape!", "LIFE IN SHAPE!", "BICYCLE", "STOP", "NEVER", "TODAY IS THE DAY", "MUSCLE", "EXERCISE".